

# Easy Minestrone Soup

Yield: 9 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-lubee-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 1 onion small, chopped
- 3 cloves garlic minced
- 1 carrot peeled and diced
- 1 celery stalk, diced
- 1 zucchini diced
- 1 cup green beans fresh or frozen
- 28 ounces diced tomatoes
- 4 cups vegetable broth
- 2 cups water
- 14 ounces cannellini beans rinsed and drained
- 1 cup whole wheat elbow macaroni
- 1/2 teaspoon dried oregano
- 1 teaspoon dried basil
- salt and pepper, to taste
- Parmesan cheese optional, for garnish

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 44 grams
3. Fat: 4.5 grams
4. Fiber: 14 grams
5. Protein: 14 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 550 milligrams
8. Sugar: 7 grams

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